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UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

WINTER 2024 FREE VOLUME 48 NUMBER 2

You earned an A!

2025 STUDENT SHOWCASE

Mat-Su College University of Alaska Anchorage

Enter your work in the 2025 Student Showcase.

The 2025 Student Showcase will be held on **Saturday, April 5th, 10:00 am in FSM 206**

*Includes work submitted from spring 2024 through spring 2025

Application Deadline: March 7th

Scan the QR code to learn more

UA is an affirmative action/equal opportunity employer, educational institution and provider and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination

Mat-Su College University of Alaska Anchorage

FUND YOUR FUTURE!!

FINANCIAL AID RESOURCE FAIR!

February 8th, 2025

10:00am - 3:00pm

Mat-Su College
8295 E. College Drive
Palmer, AK 99645

For more information:
abadger@alaska.edu
dmhaddeland@alaska.edu
(907) 745-9746

Free Entry
no registration required

Meet Scholarship Representatives & Learn about Scholarships!

Get live help with your FAFSA!

FOOD FOR PETS

Please join Mat-Su College ADVET to collect food and toy donations for the Mat-Su Animal Shelter!

- Donation collection box is in FSM 112.
- Donations will be taken to the shelter Nov. 22 and Dec. 13.
- No EXPIRED or OPEN food can be accepted.
- Check out the shelters Amazon wishlist.

Mat-Su College University of Alaska Anchorage

MSC SGC

Get involved with your STUDENT GOVERNMENT
Meetings Mondays FSM 106
11:15 am to 12:`15 pm & Zoom
for more information email uaa_
mscstudentgov@alaska.edu

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The Mat-Su Monitor Carole Shay interview

By Braden Quade

Carol Shay, a therapist, has brought her therapy dogs Gabe and Stannete to Mat-Su College to help calm down students during midterms and finals for over a decade. She is also writing a book about her first therapy dog, Stan. She and her golden retrievers have been able to help hundreds of people all over the Mat-Su Valley.

Monitor: Thank you for allowing yourself to be interviewed! How long have you been bringing your dogs to the Mat-Su College for the therapy dog midterm events?

Carol Shay with Therapy dogs at Mat-Su College

C.S. : I have been coming to Mat-Su College since 2014! I started coming here with Stan, who was my first golden retriever therapy dog. I also bring

See **SHAY** *page 11*

Mat-Su College Veterinary Sciences Program Has a New High-Tech Home on Campus

Kayla Walker does the honors at the Ribbon Cutting for new Veterinary Technician program at Mat-Su College.

At the start of this semester, the pioneering veterinary technology (vet tech) students and their veterinary assisting peers were nearly as nomadic as some animals they are being trained to heal. You may have even seen packs of these students roaming the halls of Mat-Su College (MSC) in search of a safe place to call their own. Roam no more brave students. Roam no more.

On November 15, a ribbon-cutting marked the official opening of the brand-new Veterinary Sciences Education Suite. Over 70 people including faculty, staff, students, and excited community members lined the hall outside FSM 112 to help celebrate the achievement.

Mary Catherine Harmon, Director of Academic Affairs at MSC told those gathered "We are just so thrilled that everyone came to celebrate all the people who did the hard work to make this program happen." She continued, "We celebrate as a state and a community for having the first-ever vet tech program we get to house here in our community."

See **VETT TECH** *page 11*

Little Miss Walrus

By Kylie Gauthier

Alaska Sea Life Centers newest Walrus, Ukiaq.

The Alaska Sealife Center (ASLC) admitted a new and unique patient into its care! In the past, the Alaska Sealife Center admitted only eleven walruses into their care, until Little Miss Walrus came along. Meet Ukiaq (a name that means "Autumn" in Iñupiaq), the second female Pacific walrus pup to be rescued by ASLC. She was unfortunately left malnourished, dehydrated, and with wounds covering her body by hunters in the area, who promptly notified the ASLC. Investigation revealed that she was left behind by her mother and herd in Alaska's northern city, Utqiagvik, in July of this year. She weighed just 165 pounds when she was discovered. Despite be-

See **WALRUS** *page 11*

Upcoming events:

December 4, 11, 18: Same Day Advising. FSM Student Services

December 6: Miniature Art Holiday Sales Event. 4-6 PM. Public invited.

December 9-12: therapy dogs on campus.

December 9-13: Snack Week. Student gov. snacks in the Atrium.

December 16: FAFSA Completion Workshop. Open to all students interested in any college. See studentaid.gov for a list of required documents. FSM 106, 3-7 PM.

December 20: FAFSA Completion Workshop. Open to all students interested in any college. See studentaid.gov for a list of required documents. FSM 106, 1-4 PM.

December 24 - January 1: Winter Break - Campus closed.

January 2 - 24: Same Day Advising. FSM Student Services

January 13: Spring Semester starts.

January 21: Add/Drop deadline.

February 6: Dominic Modlinski workshop.

February 7: Dominic Modlinski workshop.

February 8: FAFSA Fair FSM

Art gallery:

February 7: Dominic Modlinski gallery opening. 4-6 PM.

March 21: Student Showcase submission Deadline.

Clubs:

Student Government: Monday, 11:15 AM. FSM 106.

Bible Club: Tuesday, 3-4 PM. FSM 106.

Gay-Straight Alliance: Wednesday, 2:30-3:30 PM. FSM 106.

Mat-Su Monitor: Wednesday, 2:30-3:30 PM. Library 214.

Robotics club: Mondays-Wednesdays 11:30 - 3:30 JKB 120

Tabletop Gaming Club: Wednesday, 2:30-4:45 PM. SNOD 117.

Vett Tech Club: Every other Friday 6:30 pm FMS 112A

The Mat-Su Monitor presents:
Dr. Katrina Wahlstrom, Director of Student Services.

By Braden Quade

Dr. Katrina Wahlstrom, Mat-Su College Director of Student Services

Monitor: Thank you for allowing yourself to be interviewed. My first question is, what inspired you to go to college in the first place?

K.W. : My parents did actually! [laughs] My parents always held my education as their highest priority. It was a good thing they did because I love learning and I especially loved college!

Monitor: What campuses did you take classes at, and what was your degree?

K.W.: I got my Bachelor's of Business Administration at AIU (American Intercontinental University), my Master's of Business Administration at NPU (North Park University), my Master's of Exercise Science at United States Sports Academy (USSA), and my Doctorate of Management at CTU (Colorado Technical University).

Monitor: What were your favorite classes you took?

K.W. : Some of my favorite classes were in human resources. I also enjoyed some classes in organizational behavior and finance.

Monitor: Were there any reasons you decided to work at Mat-Su College in particular? What do you like about the Mat-Su college campus?

K.W. : I like that the students are treated as humans, not as numbers or lines of data on a spreadsheet. I like that the students are treated like actual humans, with their own issues and needs. The teachers also care about the students and the subjects they are teaching the students.

Monitor: Do you have any last words of advice for the Mat-Su College students?

K.W. : Make sure to surround yourself with like-minded people, with similar academic goals, hopes, and dreams. Make sure to surround yourself with people who lift you up, not people who bring you down.

Monitor: Thank you so much for your time, Dr. Katrina.

HEALTHCARE WORKERS ARE IN DEMAND!
Many jobs require training but not a degree.
Mat-Su Health Foundation vocational scholarships can help!

MAT-SU HEALTH FOUNDATION
Apply today at healthymatsu.org

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have severe symptoms that have lasted 2 weeks or more?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Seek professional help:

- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley. We also have low rates:

Ad Size	Cost
3" by 3"	$75
5" by 5"	$125
7" by 7"	$175
Full page	$300
Full page, back	$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call 745-9758.

MAT-SU MONITOR STAFF

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The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml.*

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

GOT A MINUTE?
LET US HEAR YOUR THOUGHTS!
Tell us about your experience
Help us improve your experience
Survey takes less than 5 minutes
Be entered to win prizes

Our Enrollment Management Committee is conducting a survey to gather information about student experiences on our campus and what they can do to improve your experience.

Survey takes less than 5 minutes and you can win free MSC SWAG. Scan the QR code to take the survey now.

FINALS SNACK WEEK

Brought to you by your

Student Government

A Visit to the Polls

By Braden Quade

Monitor: Good evening! I have a few questions for the Mat-Su College newspaper about polling statistics. How long has the polling place been coming to Mat-Su College?

Polling place representative: We are a part of the Palmer Rotary Club, a club that volunteers to help with community events. This has been our third year going to college! [Previous groups of volunteers arranged polling here before that.]

Monitor: Wow, that's neat. How many voters show up on average annually?

Polling place representative: It fluctuates due to the waning and waxing interest in elections, but I would say it is usually between 130 and 700.

Monitor: How many voters have shown up today so far? [note: it was about 3 pm at this time]:

Polling place representative: We have not counted them fully, but I would say more than 500! This election is important to a lot of people.

Monitor: Very important. How did the Palmer Rotary Club get involved with the Mat-Su College in the first place?

Polling place representative: A few years ago, the Rotary Club needed a polling place in this district, so we chose Mat-Su College as the place to hold it!

Monitor: Thank you so much for answering these questions! One last question before we end this interview. Do you have any last words of wisdom for the Mat-Su College students?

Polling place representative: If you think your vote doesn't matter, think again, because it does. There are many elections where candidates win by a mere five votes, even winning by one vote! Please also take the time to educate yourself on the candidates. Do not vote based on the political ads you see and listen to on TV. Most importantly, be kind and understanding to others, even when they do not share the same political opinion as you do.

Monitor: Thank you for your time.

Career Development
Be ready for what comes next

Services Available

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- Job Search Strategies
- Resume & Cover Letter
- Interview Skills

Make an appointment today!
Call 907-745-9762 today

Mat-Su College
University of Alaska Anchorage

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Join a Mat-Su College Student Government Council Committee

OR JOIN ONE OF THE STUDENT CLUBS.

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

Gay Straight Alliance
Gaming Club
Math Club
Robotics Club
Nihongo Tadoku Club
Mat-Su Monitor
ADVET Club
Table Top Club
Bible Club

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

DISCLAIMER

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SUBMISSIONS POLICY

Students are invited to submit articles and letters to the editor to matsu.monitor@alaska.edu or at https://matsu.alaska.edu/monitor. The Mat-Su Monitor will not accept anonymous submissions, though with prior arrangement articles of a sensitive nature can appear anonymously. All submissions are subject to editing and will only appear with the approval of the editor.

FREE FOOD BOXES

Students can pick up a **FREE** food box at the Student Government Office or Campus Cache during office hours, or at the MatSu Food Bank on 5099 East Lupine Drive by showing their **Student ID**.

MatSu Food Bank

Mat-Su College
University of Alaska Anchorage

MAT-SU HEALTH FOUNDATION

04 SPRING SCHEDULE

ACCOUNTING
- Principles Financial Accounting
- Principles of Managerial Accounting
- Workpaper Prep & Present

ANTHROPOLOGY
- *Alaska Native Cultures

ART
- *Art Appreciation
- *History of Western Art I
- Advanced Painting
- Intermediate Watercolor
- Beginning Painting
- Intermediate Painting
- Beginning Watercolor
- Introduction to Art Education
- Color Design

BUSINESS ADMINISTRATION
- *Business Foundations
- Business Law I
- Business Law II
- Computer Concepts in Business
- Entrepreneur & Small Bus Mgmt
- Fundamentals of Supervision
- Marketing Practices
- Personal Finance

BIOLOGY
- *Human Anatomy & Phys I & Lab
- *Human Anatomy & Phys II & Lab
- *Introductory Biology & Lab
- Principles & Methods Biology & Lab

CHEMISTRY
- *General Chemistry I & Lab
- *General Chemistry II & Lab
- *Intro to General Chemistry & Lab
- *Intro to Organic/Biochemistry & Lab

COMMUNICATION
- *Fund Oral Communication
- *Public Speaking

COMPUTER & ELECTRONIC TECHNOLOGY
- CCNA 2
- Comp User Support & Help Desk
- Customer Service Fundament
- Industry Net Directory Config
- Individual Technical Project
- Industry App Infrastructure
- Industry Workplace Experience
- Local Area Networks
- PC Operating Systems
- PC Technician Fundamentals
- Python Programming

COMPUTER INFORMATION & OFFICE SYSTEMS
- Spreadsheets I: MS Excel

ECONOMICS
- *Principles of Macroeconomics
- *Principles of Microeconomics

EMERGENCY SERVICES
- Emergency Medical Tech I
- Emergency Trauma Technician
- Paramedicine II Lab

ENGLISH
- Introduction to Creative Writing
- *British Narratives
- Creative Writing Workshop

GEOGRAPHY
- *Discovry AK Physical Geography

GEOLOGY
- *Planet Earth

HISTORY
- *East Asian Civilization I
- *History of United States
- *Western Civilization I
- *Western Civilization II

HUMAN SERVICES
- Intro to Population Health
- History of Systems of Change
- Interpersonal Violence
- Cases in SUD Treatment
- Human Service and Disabilities

JUSTICE
- *Intro to Criminal Justice
- *Intro to Juvenile Justice
- *Theories of Crime and Offenses

LANGUAGES
- *Elementary ASL II
- *Elementary Japanese II
- *Intermediate Japanese II
- *Elementary Spanish I
- *Elementary Spanish II

LOGISTICS
- Logistics, Info Sys & Cust Service

MATHEMATICS & STATISTICS
- *Applied College Algebra
- *Calculus I
- *Calculus II
- *Elementary Statistics
- Intermediate Algebra
- Ordinary Differential Equations

MEDICAL ASSISTING
- Medical Terminology
- Essentials of Human Disease
- Your Health & Social Services Career

MUSIC
- *Music Appreciation

PHILOSOPHY
- *Early Modern Philosophy
- *Intro to Logic
- *Introduction to Philosophy

PHYSICS
- *College Physics I & Lab
- *College Physics II & Lab
- *General Physics II & Lab

POLITICAL SCIENCE
- *Intro to American Government
- *Intro to Political Science

PSYCHOLOGY
- *Introduction to Psychology
- *Lifespan Development

QUANTITATIVE SKILLS
- Elementary Algebra
- *College Algebra for Calculus
- *Trigonometry

REFRIGERATION & HEATING
- HVAC/R Control Systems
- HVAC/R Distribution System
- HVAC/R Troubleshooting
- Refrigeration & AC II

SOCIOLOGY
- *Introduction to Sociology
- *Social Problems & Solutions

VETERINARY ASSISTING
- Handling & Behavior: Lg Animals
- Intro to Veterinary Profession
- Introduction to Large Animals
- Vet Anatomy & Physiology
- Veterinary Office Procedures

VETERINARY TECH;NICIAN
- Med Calculations for Vet Techs
- Vet Office Procedures/Hosp Mgt
- Veterinary A&P
- Veterinary A&P Lab
- Veterinary Nursing Skills

WRITING
- Accelerated Learning Program
- *Writing & the Humanities
- *Writing & the Professions
- *Writing & the Sciences
- *Writing Across Contexts
- Intro to College Writing
- Intro to Grant Writing
- Writing & Reading Strategies

WOMEN AND GENDER STUDIES
- *Intro to Gender & Sexuality

This list is subject to change. Visit matsu.alaska.edu and click "Course schedules" for the most current list of scheduled classes.

**Indicates class meets General Education requirements (GERs)*

Semester runs January 13 - May 3

From the Office of Financial Aid

- The UA Scholars deadline to apply for admissions is by May 1st of your senior year in high school to the UA campus of your choice. Apply for admissions at tinyurl.com/2p946nys.
- The Alaska Performance Scholarship (APS) and Alaska Education Grant (AEG) FAFSA 2024-2025 deadline is June 30, 2024. Complete the 2024-2025 FAFSA after December 31st, 2023 attinyurl.com/2j69h9ry.
- The 2024-25 FAFSA application opens on December 31st, 2023, (this is different than usual. Complete the 2024-2025 FAFSA after December 31st, 2023 at tinyurl.com/2j69h9ry.
- FAFSA will go back to the normal October 1st opening date in 2025), and covers Fall 2025 through Summer 2026. Be sure to complete the application as early as possible to ensure you receive the maximum amount of funding available to you!
- October 1st, 2024, the University of Alaska Foundation Scholarship Application opened. The application covers all the university-based scholarships and will auto-match you to anything you qualify for! The deadline for the application is February 15th, 2024. You can apply at tinyurl.com/2p8edhd9.
- FAFSA Workshops: December 16 from 3pm-7pm in FSM 104, December 20 from 1pm - 4pm in FSM 104. February 8 from 10am - 3pm in FSM 104.

Mat-Su College presents Harry Banks

I'm Watching You Framed photo by Harry Banks

Throughout October, the Mat-Su College Art Gallery hosted photographs by our own Dr. Harry Banks (Instructor of Information Technology). Some of the photos date back to the 1960s. At the time Harry was a newspaper photographer. But most of the photos were from the last couple of years, as our campus's lauded shutterbug has recently rediscovered his passion for photography (and travel) in a big way.

A very well-attended October 4th reception kicked off the show. Several works sold during the reception, and more in the weeks after.

Those who missed the show can find (and purchase) Harry's work on https://alaskabybanks.com/

Miniature Art
Holiday Sales
Event
December 6th| 4:00 PM – 6:00 PM
FSM 200 | 8295 E. College Drive Palmer, AK 99645
Join us for our Holiday Art Sale, where you can discover and purchase unique miniature artworks created by our talented faculty, staff, and students—perfect for holiday gifts, Gift wrapping station will be available! Join us for this one night only event!

If you or someone you know is homeless or at risk of being homeless, we can help!

We serve clients age 14-25 from 8am to 5:30pm Monday-Friday and 10am to 3:30pm Saturday. We provide all of the following services:

Food
Clothing
Hot Showers
Laundry
Stable Housing
Treatment Referrals
Education Fulfillment
Job Training
Opioid Overdose Kits

Call Us:
Main Office: (907)373-4357
24 Hour Outreach: (907)354-4357
Visit Us:
300 N. Willow St.
Wasilla, AK

MY House
You are always welcome here!

On November 11, a Veterans Day Tribute was held in the Glenn Massay Theater that was organized by Mat-Su College staff

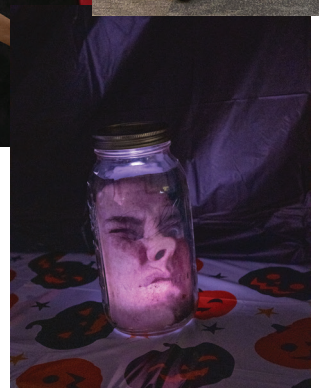
HALLOWEEN FUN

This year, Mat-Su College had the pleasure of having over 200 people from the community come to our annual Halloween event! With the help of Kids Kupboard, Bright Lights Book Project, and multiple of our departments on campus, were able to provide an in-door trick-or-treating experience.

Not only could families come out of the cold to trick-or-treat, but we had plenty of games and activities scattered around for everyone to participate in. A great example was our science department doing an immersive haunted maze in the lab. Bright Lights Book Project had free books for the kids walking by, giving away almost 3 books per child!

Different departments had their own unique games that kids could win prizes from. For example, Student Services did a game where kids fished for prizes and candy.

We strive to make the most of this event every Halloween!



Winter Driving Reminders

With snow returning to campus, now is a good time to remind everyone to allow extra time for their campus commutes. Classes will not wait for your arrival.

While driving on campus, please follow all posted signage and park in plowed areas. Also, if you park along a sidewalk, make sure no part of your vehicle hangs over the sidewalk so that crews can clear the snow.

tutor.com

By Art Corvelay

It's 12:41 AM. Empty energy drink cans and candy bar wrappers litter your desk. You've just finished the last sentence of the last paragraph of your big paper – the one due at 9:00 AM. You hoped to get one of the college's Learning Resource Center's English tutors to read over it, but now it's too late. You're SOL.

Or maybe not.

Turns out all Alaska residents are eligible for live homework help through an online service called Tutor.com. These tutors can help with subjects ranging from Calculus to World History and nearabout anything in-between.

Using Tutor.com's services couldn't be easier. Just go to www.tutor.com/alaska, pick a subject, and then click "Connect Now." Within moments you will be able to chat with a real tutor; you can even share files for them to review or draw on a virtual whiteboard.

Still not convinced? Here's a few more selling points. Tutors are available from *every day of the* week from noon to 2 AM (goodbye, pants). The website actually works well. Tutoring is available to students from kindergarten to college. (Now somebody else can help your kids with their homework.) It's entirely free.

Convinced now? Good. Just don't forget about the college's Learning Resource Center; its tutors aren't available until 2 AM, but they're nice people all the same.

When you need a hand...

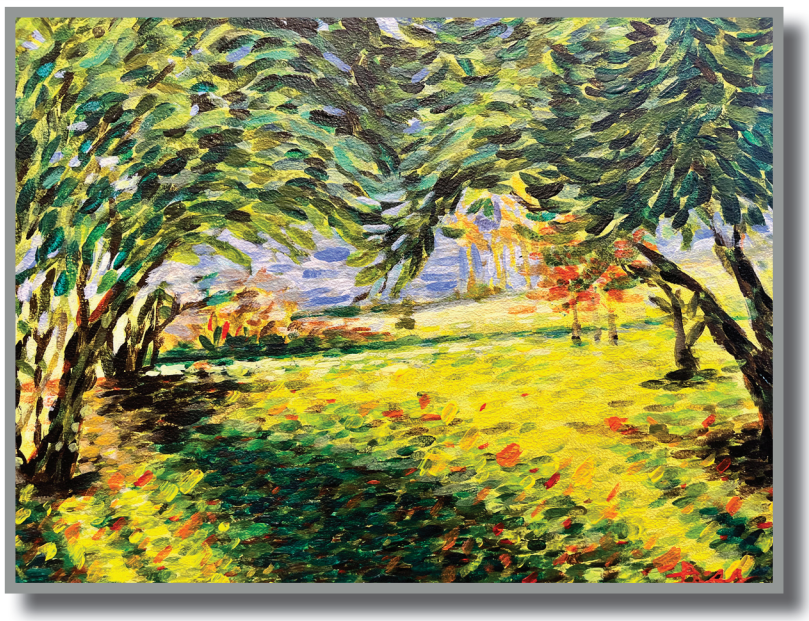
By Joe Squirrel

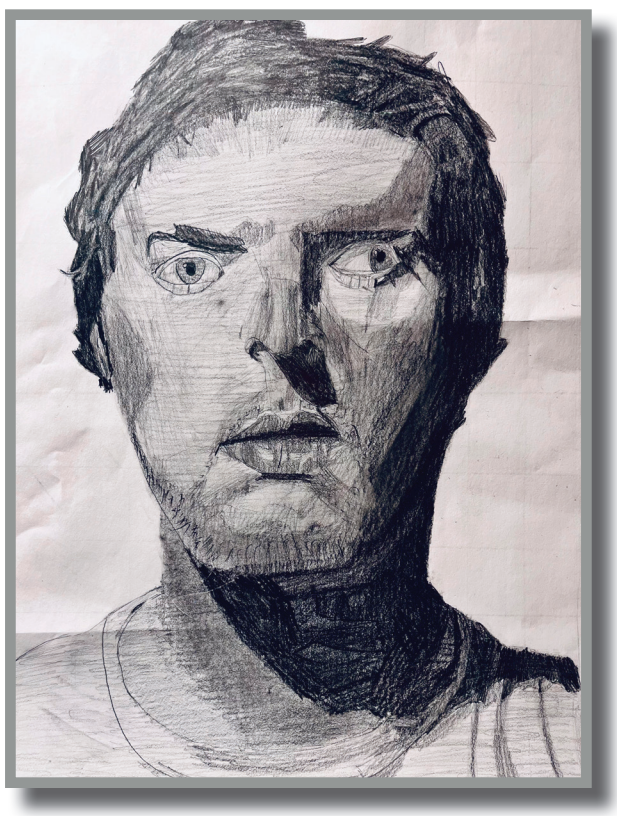
As the nights get longer and colder, know that you're not alone. The college has people to help you get home safely.

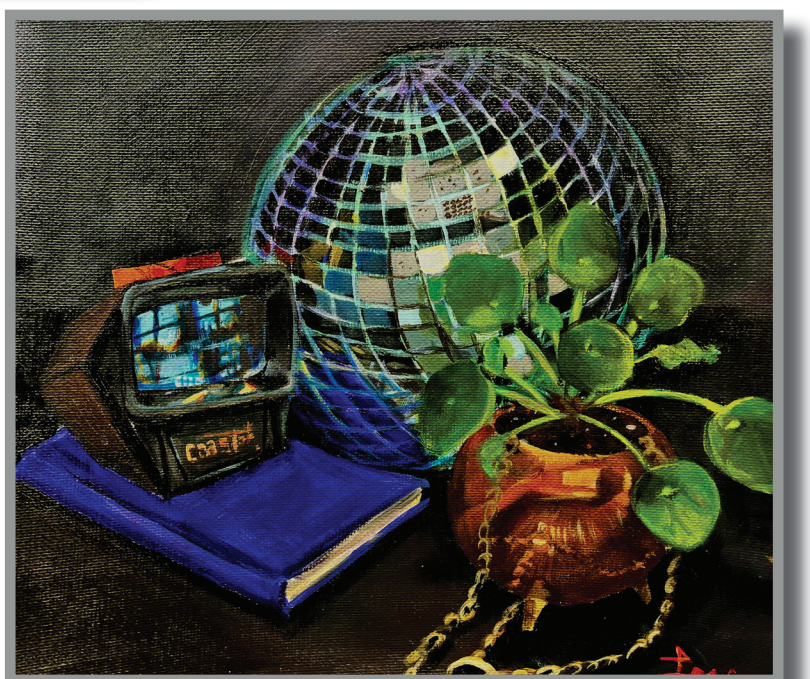
Since spring semester, Mat-Su College has had a University Police Department (UPD) officer on campus. Officers are here for more than physical safety. In addition to walking you to your car, they can help jump your battery or unlock your doors. To get a hold of an officer, conctact UPD dispatch at 907-786-1120.

If a UPD officer isn't on campus, Physical Plant (i.e., maintenance) staff can help. They, too, can walk you to your car, jump your battery, or unlock your doors. They will even walk you out to your car if you have any reason for concern. You can reach Physical Plant by calling 907-745-9789.

Finally, you can always call Student Services between 9 AM and 5 PM for help. They may have to transfer you to another department, but they will always make sure somebody's solving your issue.







Monitor

MEETING TIMES
Wednesdays
2:30 - 3:30
OLB 214

Looking For

- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions:
Next deadline for entries:
October 30

Math Club

"We may not be private eyes, but we can find your X"

MSC SGC

GET INVOLVED WITH YOUR
STUDENT GOVERNMENT
Meetings Mondays
11:15-12:15 FSM 106

Health & Human Services Club

The information gateway between community help organizations and the Mat-Su College student body.

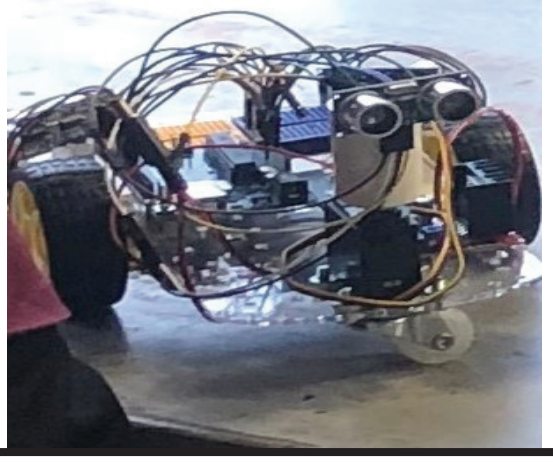
Meeting Times TBA

Contact Dave Evans at dtevans6@alaska.edu

Robotics Club

Monday - Wednesday

11:30 AM to 3:30 PM JKB 120.



Mat-Su College
University of Alaska Anchorage

MSC Gay Straight Alliance
LGBTQIA+ Student Club

YOU ARE WELCOME HERE

LGBTQIA+ / Gay-Straight Alliance Club Meetings:

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Advisor: K. Joey Pavia-Jones
kpavia@alaska.edu
Mat-Su College Student Club: Gay Straight Alliance

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When: Tuesdays 3:00-4:00

Where: FSM 106

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Mat-Su Concert Band and their Music Around the World

By Justice Darby

While I normally write about topics in the realm of rocket science or mathematics for the Mat-Su Monitor, I feel that it is probably best to break that trend and report on a fantastic performance done by the Mat-Su Concert Band and their Music Around the World performance done on October 5th. The Mat-Su Concert Band is a local group of musicians from around the Mat-Su Valley that come together weekly for two hours to practice for their concert performances held in the Glenn Massay Theater during the fall, winter, and spring. Their experiences range from people recently out of high school to those with several decades of experience in the art.

The concert began the night with a very grandiose piece, The Great Wall from The Legend of Qi Jiguang by William Owens. It starts with a heavy feel as the drums beat down on you from above, sending your mind into a flurry of action. The piece then decrescendos down with the drums taking a soft tone while the woodwinds come front and center stage. Both accompany each other in a melodic dance, weaving between monophony, polyphony, and homophony warmly. It then finally crescendos upward as the drums and brass bring back the fast beat from the beginning before ending with a brilliant tone.

Breaking from the epic sounds of The Great Wall came the rather lively sounds of Chilton Williams's Symphonic Dance No. 3 "Fiesta". It starts with a back-and-forth between the brass instruments and the maracas, creating a seemingly tense tone. However, this tense tone evaporates upon which the brass and woodwind instruments weave together in a complementation contrast. This continues until a crescendo of rhythms followed by a unison of the brass and drums finishes off the piece.

Starting differently from the prior two pieces, Edward Elgar's Nimrod from Enigma Variations starts with a mellow and bright opening of strings and woodwinds. This trend continues in a gradual, upward trend in monophony before dipping back down, ending with a warm and somewhat melancholic tone.

Starting with a rather bold and adventurous tune, Vaughn Williams's English Folk Song Suite goes through an elevated performance of brass, woodwind, and percussion in a homophonic tune. The tone is immediately shifted down a scale as a single trumpet plays in a somber tune. This continues with a sound of defeat before a slight crescendo to a more resolute tone. Lastly, it returns to the bold atmosphere of the beginning, although more resolved, ending with a triumphant unison of all the instruments.

Breaking away from the trend again, I Was Born For This by Austin Williams starts with a mix of strings in unison and support provided by strings. Breaking through the melancholic weight of the strings comes a single voice. As if cutting through despair, the singing guides the listener through the music, making it feel more heavenly, to the end where it slowly sinks back into the obscurity of silence.

Next follows a rather fast-paced and upbeat performance of Molly on the Shore by Percy Grainger. Performed primarily by flutes dancing with and around each other, it sets the rather happy atmosphere of the piece. While not long, you can't help but feel in a much better mood after listening to it.

Keeping with the positive mood, The Blue Ridge by Robert Sheldon starts with a mix of the cheerful feel of Molly on the Shore with a fast and exciting pace of a drum. Eventually, it goes to a slower melody of brass and woodwinds with the occasional sputtering of a drum. Halfway through, the pace picks up, with the drum set an occasional rhythmic backbone with the brass and woodwinds creating a triumphant sound, ending with a unison of instruments.

Ammerland by Jacob de Haan, while not as cheerful or bombastic as some of the pieces played so far, has a different element. Despite the chord progression changing little in pitch, the piece still invokes a sense of something that is lost but not forgotten. With the brass consistently playing the same harmony over and over with the occasional variations in the melodies played you are constantly reminded of something familiar that has already passed but is not forgotten.

Sòlas Ané by Samuel R. Hazo starts with a similar feeling of a fantasy setting. The flutes set a warm tone for the piece, often taking center stage, with trumpets in the background. The trumpets sometimes switch with the flute to be the dominant instrument, and occasionally merge with the flutes in unison of equal importance to create a truly vibrant melody. It ends with all the instruments slowly fading into obscurity before being replaced with silence.

Ending the concert performance was Amparito Roca by James Texidor. Having started this performance with a pretty grandiose piece, it seems fitting that it ends with one just as boisterous but with

more of a warm and heartfelt goodbye. The trumpets with the occasional beating of the drums keep the beat active and interesting. The weaving of the melodies as they go up and down gives a feeling of celebration before ending on a high note.

Overall, the Music Around the World performance done by the Mat-Su Concert Band was a lively performance. It managed to cram in 11 unique pieces of music that used the same sets of instruments several times over in plenty of unique ways. Much of what was played were a lot of strings and brass which kind of reminds me of music from the Baroque era with a brass twist. While at times it did feel like some select groups of instruments did get overshadowed by others while playing, commonly the brass overshadowing the woodwinds, it usually wasn't for too long and you could tell that musicians knew what they were doing. All and all, even though I don't see live performances often with this being my first in-person live performance in over a decade, it has convinced me to possibly go to more of these live performances. This performance was well done and well worth my time.

Rocket Science:

The Reynolds Analogy

By Justice Darby

Symbols	Meaning
c_p	Specific Heat Capacity; J/kg·K
D	Diameter: m
f	Fanning Friction Factor; $2\tau/\rho v^2$
h	Convective Heat Transfer Coefficient; W/m²·K
k	Thermal Conductivity; W/m·K
m'	Mass Flux; kg/s·m²
Pr	Prandtl Number; $c_p\mu/k$
Re	Reynolds Number; $\rho vD/\mu$
St	Stanton Number; $h/\rho vc_p$
v	Velocity; m/s
Greek Symbols	
ε	Surface Roughness; m
p	Density; kg/m³
μ	Dynamic Viscosity; Pa·s
τ	Shear Stress; N/m²
Subscripts	
w	Wall
0	Stagnation
am	Arithmetic Mean

An Introduction to the Analogy

The Reynolds Analogy is possibly one of the most useful relations in fluid mechanics. It happens to relate two useful, dimensionless fluid mechanics numbers through a simple equation:

Eq. 1 $$St = \frac{f}{2}$$

St is known as the Stanton Number, a ratio of a fluid's convective heat transfer to that of its thermal capacity, and f is the dimensionless Fanning friction factor which is the ratio of a fluid's shear stress caused by friction to that of its dynamic pressure. The power that Reynolds Analogy represents is more easily conveyed through how both St and f are calculated. In fluid mechanics, St is explained as:

Eq. 2 $$St = \frac{h}{\rho v c_p}$$

Where *h* is the convective heat transfer coefficient, *p* is the fluid density, *v* is the fluid velocity, and c_p is the fluid's thermal heat capacity. While *p*, *v* and c_p are often easy to estimate or approximate, *h* is often the tricky one because it is calculated through gnarly empirical relations that are roughly fitted to experimental data for different scenarios. For example, this is the Bartz Heat Flux Formula for roughly calculating the heat transfer coefficient in a rocket engine:

Eq.3 $$h = \frac{0.026}{D^{0.2}}\left(\frac{c_p\mu^{0.2}}{Pr^{0.6}}\right)(\rho v)^{0.8}\left(\frac{\rho_{am}}{\rho}\right)\left(\frac{\mu_{am}}{\mu_0}\right)^{0.2}$$

With *D* being the pipe diameter, *Pr* being the dimensionless Prandtl Number, and μ being the viscosity. The subscripts *am* and *0* represent ambient and total conditions respectively. As can be seen, it often requires a bunch of parameters to be known to approximate *h*. It is a similar case for *f*. For an incompressible flow through a pipe, *f* is often numerically calculated using the Colebrook-White Equation:

Eq. 4 $$\frac{1}{\sqrt{f}} = -0.2\log\left(\frac{\epsilon}{3.7D} + \frac{2.51}{Re\sqrt{f}}\right)$$

With ε being the surface roughness of the pipe and Re being the dimensionless Reynolds Number. The tricky part with the Colebrook-White Equation is that there is no "simple" calculation to it to get *f*, resulting in numerical methods, like the Newton-Raphson Method, being needed to calculate *f*.

As can be seen, having an equation that can cut the need to do two complex calculations down to just one with a rather trivial calculation after that would be hugely useful. That is where the Reynolds Analogy comes in. If you can calculate one parameter, then it's a rather simple process to calculate the other. Often, for me, it is best to calculate f since it often is simpler to calculate first before calculating *St*.

The Derivation of the Reynolds Analogy

To start, consider how a fluid boundary layer interacts near the surface of a flow. Near the surface, the boundary layer of a flow stays smooth and laminar. However, farther from the surface, the boundary layer begins to break down into a more chaotic nature and turbulence is more prevalent. These turbulent flows in the boundary layer can be assumed to act as both a means of heat and energy transfer in the boundary layer through these turbulent eddies to the surface. The heat energy transported via the convecting mass can be explained quite easily as:

Eq. 5 $$\dot{q}_{turbulent} = -\dot{m}' c_p dT$$

Here, the energy transported is dependent on the mass flux, the specific heat capacity of the fluid, and the fluid's instantaneous change in temperature. In a boundary layer, the convective eddies in the boundary layer can be assumed to also cause any shear stress in the flow through a momentum exchange.

Eq. 6 $$\tau = \dot{m}' c_p$$

Reorganizing this term into Eq. 5 results in:

Eq. 7 $$\dot{q}_{turbulent} = -\tau c_p \frac{dT}{dv}$$

Separating the differential terms in Eq. 7 to each side yields:

Eq. 8 $$-dT = \frac{\dot{q}_{turbulent}}{\tau c_p} dv$$

Integrating the temperature and velocity from the wall to the free stream and assuming all other values are constant gives:

Eq. 9 $$-\int_w^\infty dT = \int_w^\infty \frac{\dot{q}_{turbulent}}{\tau c_p} dv \rightarrow (T_w - T) = \frac{\dot{q}_0}{\tau_w c_p}$$

Reorganizing and multiplying the denominator by *pV* gives:

Eq. 10 $$\frac{\dot{q}}{\rho v c_p (T_w - T)} = \frac{\tau}{\rho v^2}$$

Substituting in the relation for convective heat flux and shear stress in terms of the Fanning friction factor:

Eq. 11a $$\dot{q} = h(T_w - T)$$

See **REYONLDS** *page 11*

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymous at https://matsu.alaska.edu/monitor or in the Ask Sophia box in the FSM front lobby.

Dear Sophia, What if, very hypothetically, I was to desire a car wash and drove into the Sudzy Salmon carwash, along with a line of other people because of weather like spring breakup, and found that my card was declined at the machine? How do I not go forwards through the carwash when there's that pole that doesn't let you through, and how do I not back out when there's a line of cars behind me waiting? There's no way out!!! Not to mention the embarrassing fact that I can't afford a carwash after all and have to get out of my car (when the door is that close to that machine thingy) to motion for the other drivers to back out of the car corral so that I myself can back out. Think of the trouble if those cars lurched into one another on the way out and received damage?! Oh, man, the tragedy! I must know what us Last Frontierers are to do in this situation.

Dear Friend, I would hope you are as forgiving of others as you wish them to be towards you and that hypothetically, once you put your car in reverse those behind you would get the message and politely back out of your way. Perhaps you should consider the sponge-and-bucket method in the future - less expensive, less water and very thorough.

Dear Sophia, If I take classes at UAA and I live out in the Valley, will they make me take classes at the Mat-Su campus or can I go into Anchorage for my classes? Would tuition be higher in Anchorage vs out here?

Dear Friend, Mat-Su campus is one of the satelite campuses of UAA along with Kodiak, Kenai, Homer, and Prince William Sound. You can take classes at any of these campuses to earn credits towards a UAA degree. You should reach out to your advisor to get more specific details. Tuition costs the same although student fees vary by campus.

Dear Sophia, My friend died ina car accident.

Dear Friend, I once read that loss of a loved one was akin to going down a sinking ship. At first the waves of pain and grief are overwhelming and you don't even have time to breathe before the next one hits. Eventually, you will find that the waves come farther apart, although they hurt just much and are still overwhelming. And that's how it will always be. It is always painful, the grief is always intense, the "ship" just drifts far enough down to allow you to float at the surface mostly undisturbed. You will always carry that person with you. If it didn't hurt, they wouldn't have been worth knowing. You can always go back a visit that grief with rememberance but and may feel less compelled to dive down to visit it.

REBUS
Answers
on page 11

Dragons Word Scramble

Dragons are fire breathing mythical creatures that are the subject of many fairytales. In Europe they are depicted as being mainly evil and able to fly with huge leathery wings. Eastern dragons are smaller and are not shown as having wings, they are generally considered to be good and wise.

ecva _ _ _ _
iitgagcn _ _ _ _ _ _ _
wsgni _ _ _ _ _
ylf _ _ _
cpnrie _ _ _ _ _ _
tcnggiai _ _ _ _ _ _ _
avtricttae _ _ _ _ _ _ _ _ _
gaicm _ _ _ _ _
ytaheelr _ _ _ _ _ _ _
geg _ _ _

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

					7	2	4	3
6			5		1	7	9	
			8			6		1
	4	7	6		3			
3	2	1	4	9		5	6	7
	9				5			4
7	5			2				
2				8	4	9	1	
		8			6		7	

Riddle: If a chicken says, "All chickens are liars". Is the chicken telling the truth?
Answer: Chickens cannot talk.

Riddle: Why did the scarecrow win so many awards?
Answer: He was out-standing in his field!

Riddle: What bird is always out of breath?
Answer: A puffin.

Riddle: Why do chickens lay eggs?
Answer: Because if they drop them, they will break.

Riddle: If there are fifteen crows on a fence and the farmer shoots a third of them, how many crows are left?
Answer: None. The rest of the crows flew away when they heard the gunshot.

Riddle: Even if they are starving, natives living in the Arctic will never eat a penguin's egg. Why not?
Answer: Penguins only live in Antarctica.

Riddle: If there is a Yellow house on Bluebird Lane, a Green house on Orange Street, a Pink house on Kitten Road, a Black house on Whitehorse Pike and a Purple house on Firebird hill, where is the White house?
Answer: Washington, D.C.

Riddle: Where do penguins keep their money?
Answer: In a snow bank!

Riddle: How does a penguin build houses?
Answer: Igloos it together.

Riddle: What do you call a tavern of blackbirds?
Answer: A crowbar

Riddle: What kind of bird writes?
Answer: A pen-guin.

Riddle: I make the leaves green, I make the dirt brown, I make the bluebirds blue, I make all of your dreams come true. What am I?
Answer: A box of crayons.

FLOCK TOGETHER

R	O	B	I	N	N	O	W	L	B	H	T	P	E	E
I	W	N	R	E	T	I	S	R	U	N	H	L	S	A
H	O	E	E	D	S	N	U	M	S	A	R	O	O	G
C	R	V	O	E	E	S	M	Q	L	W	U	V	O	L
T	R	A	F	R	D	I	O	A	E	S	S	E	G	E
A	A	R	W	U	N	A	R	R	R	L	H	R	U	A
H	P	A	N	G	G	O	K	E	T	L	R	F	L	K
T	S	L	B	R	P	U	P	C	E	A	O	A	L	I
U	I	I	O	E	A	P	A	T	I	H	B	O	H	T
N	R	U	S	E	I	N	O	R	E	H	R	L	N	I
D	S	E	A	D	I	R	T	I	P	I	C	C	A	I
E	R	E	H	C	T	A	C	R	E	T	S	Y	O	W
N	A	G	I	M	R	A	T	P	U	F	F	I	N	A
S	A	N	D	P	I	P	E	R	E	I	D	E	R	K
R	E	K	C	E	P	D	O	O	W	C	R	O	W	E

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _ _ _ _ _ _

Shay *continued from page 1*

my golden retrievers here to get them used to people and calm them down.

Monitor: So not only is it helpful for the students, but it is also helpful for the dogs as it gives them training! Your dogs are so well-trained!

C.S. : Why, thank you! There was one black lab that I trained that was assigned to a woman with an illness. The dog could detect whenever his owner was not feeling well. Well, the black lab and his owner were in the ER for treatments, when all of the sudden the black lab jumped up, and ran down the hallway barking loudly. The dog ran into one of the rooms and barked until one of the nurses followed to see what was happening. The room that the dog ran into had a man in it who was convulsing, clearly having a serious life-threatening seizure! None of the nurses at the ER were attending to the man and were now treating him. The black lab saved the man's life. Is that not incredible? I would like to put that in my book.

Monitor: What an amazing story! Also, you said you have a book coming. Could you please tell me more about it? If you don't mind, of course.

C.S. : Of course! I have not worked on writing it too much, just compiling stories for it, but I plan to start writing it next year. It will be about Stan "The Man," my first therapy dog, who has sadly passed away.

Monitor: My condolences. Stan had quite an impact on the Mat-Su college and other places in the valley such as schools and hospitals. Can you share any of the inspiring stories about the impact therapy dogs that you have trained have had on people?

C.S. : At Mat-Su Day School one golden retriever helped the children there. Mat-Su Day School was a place where people who were extremely neurodivergent could do their education but also receive help at the same time. As you would expect, the school was chaotic and disorganized, with children always being hyperactive in the hallways and classrooms. We took a golden retriever therapy dog there to help and it changed the school entirely. The school was more organized and the students were calmer in classrooms and the halls. At Houston High School, an earthquake damaged the building to an extreme degree. To help students cope with the earthquake aftermath we brought a golden retriever therapy dog there. The dog somehow knew how to get upstairs to the second floor, and calm students on both floors! We brought a Jack Russel Terrier to a dementia care unit, and it helped the patients remember things, like the dog, more clearly. We brought a dog to a veteran homeless shelter and it cheered up the veterans so much! They learned how to teach the dogs tricks, and they seemed full of life again. One homeless woman was so inspired by the dog's effects that she got a job and found love. She even invited me to her wedding!

Monitor: These stories are so inspiring.

C.S. : Dogs, especially goldens, are so incredible at detecting stress and helping people deal with it. People should appreciate all the amazing things dogs can do! They can change the lives of hundreds of people.

WALRUS *continued from page 1*

ing in critical condition, Uki arrived alert and in good spirits.

Uki's arrival

She was estimated to be a few weeks old -- a period crucial to a young walrus's health and well-being. Pups at this age require much socialization and care from their mothers, meaning Uki wouldn't have survived much longer without intervention. Luckily, the team at ASLC was willing to have staff members tend to Uki around the clock. Staff members fed her from a bottle and gave her constant comfort through physical contact. Additionally, by the third week, four other experts joined the ASLC, such as SeaWorld, Indianapolis Zoo, and Point Defiance Zoo & Aquarium.

Uki will never be eligible for release, due to her socialization with humans from such a young age. She is, however, making incredible steps towards improvement to this day! During this period, she was able to gain an additional 55 pounds, in total weighing 220 pounds and putting malnutrition behind her. In September, Uki was transferred to Seaworld Orlando to be with other members of her species and to continue her journey of healing. There is even an experienced walrus mother who would potentially tend to her in the years to come.

Uki is considered an ambassador of her species. Due to the ASLC having limited experience with Pacific walruses, Uki was sampled to check her condition, but can also be used for future research purposes. Moreover, Uki's story has gone national. Videos of her feeding and playing with staff members gained her global fame as well. Good Morning America, a popular talk show in the United States, spoke of Uki and her second chance at life. Many individuals around the country tuned into the ASLC's social media pages to watch Uki grow. According to a poll done on the official ASLC Facebook page, people from countries such as Australia, France, Portugal, Romania, Spain, China, North Korea, and more follow Uki, and some even helped raise $25,000 for her recovery. Even though Uki's chapter in Alaska comes to an end, her story does not.

Reynolds *continued from page 9*

Eq. 11b $\tau = \frac{f}{2}\rho v^2$

Into Eq. 10 and simplifying yields:

Eq. 12 $\frac{h}{\rho u c_p} = \frac{f}{2}$

Finally, applying Eq. 2 gives the Reynolds Analogy:

Eq. 1 $St = \frac{f}{2}$

Alternatives to the Reynolds Analogy

As with all formulas, the Reynolds Analogy is not perfect. In the derivation, it assumes that the convective eddies perfectly transport the heat energy via momentum. Of course, a majority of fluids do not do this. The Reynolds Analogy works decently well on fluids with Pr near 1, but for fluids with Pr that diverge too much from 1, the analogy begins to break down. In response, a few modifications to Reynolds Analogy were made to account for these imperfect energy transportations in convective eddies. Perhaps one of the first ones was just a simple addition to the Reynolds Analogy, the Colburn Analogy:

Eq. 13 $StPr^{2/3} = \frac{f}{2}$

This addition was entirely empirical, basing the Pr power of ⅔ entirely by data fitting. Another one that was developed more on approximate theories in the fluid boundary layer is the Prandtl-Taylor Analogy:

Eq. 14 $St = \frac{f/2}{1 + 5\sqrt{\frac{f}{2}}(Pr - 1)}$

Later, Theodore von Kármán would expand the Prandtl-Taylor Analogy with a better theory on the boundary layer to give the von Kármán Analogy:

Eq. 15 $St = \frac{f/2}{1 + 5\sqrt{\frac{f}{2}}\left[(Pr - 1) + ln\left(\frac{5Pr+1}{6}\right)\right]}$

Out of all of the analogies presented, including the Reynolds Analogy, the most widely used for theoretical fluid mechanics I have seen is the von Kármán Analogy. Being only slightly more complex than the Prantl-Taylor and Reynolds Analogies and more accurate, the von Kármán Analogy can be used to get more accurate calculations on friction and convective heat transfer in a fluid without too much-added difficulty.

Holding the Light

by Stuart Kestenbaum for Kait Rhoads

Gather up whatever is
glittering in the gutter,
whatever has tumbled
in the waves or fallen
in flames out of the sky,
for it's not only our
hearts that are broken,
but the heart
of the world as well.

Stitch it back together.
Make a place where
the day speaks to the night
and the earth speaks to the sky.
Whether we created God
or God created us
it all comes down to this:
In our imperfect world

we are meant to repair
and stitch together
what beauty there is, stitch it
with compassion and wire.
See how everything
we have made gathers
the light inside itself
and overflows? A blessing.

Vett Tech *continued from page 1*

Vett Tech student, Kayla Walker, explains new robo dog to interested visiters.

MSC student Kayla Walker wielded the oversized scissors for the ceremony. She says, "It's really exciting to be part of the first class. This program is for small animals and pets, but it's also for the wildlife…I get to learn about exotics, birds, reptiles, horses, and even cows."

The new facility consists of two classrooms and two offices. One classroom looks much like the rest on campus, while the other is set up like a veterinary clinic. On the clinic side, students will have supervised access to an x-ray lab, an advanced full-body K9 medical training dog simulator, an ultrasound machine (donated by the UAA ultrasound program), and other high-tech diagnostic equipment.

Excitement for the vet tech program can be felt far outside the campus walls. Dr. Judith Montalbano, the Veterinary Sciences program director says, "Veterinarians and technicians in Alaska overwhelmingly love the fact that this program has been started and they are very supportive."

If you would like to learn more about veterinary sciences at Mat-Su College, visit matsu.alaska.edu/academic-programs/veterinary-medicine online, or better yet, walk over to FSM 112 and see it for yourself.

REBUS puzzle answers
You are full of balogna, split level, trail mix, try to understand, space invader, growing economy, in between jobs, forgive and forget

#Enroll4Spring

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